

## **ABSTRACT OF THE DISCLOSURE**

The perioperative multivitamin protein bar for promoting an anabolic state in a person is made of from about 250 mg to about 2500 mg of a digestive enzyme, such as bromelain, pepsin, amylase, protease, lipase, cellulase, lactase, alpha-g, glucoamylase, invertase, malt diastase, pectinase, xylanase, bromelain, betain, trypsin, or combinations thereof; from about 50 mg to about 2500 mg of an amino acid; from about 200 mg to about 2000 mg of a sea plant; from about 10 mg to about 8000 mg of a flavoring; from about 100 mg to about 2500 mg of Vitamin A, Vitamin B, Vitamin D, Vitamin E, Vitamin K, calcium, complexes thereof, or combinations thereof; and from about 1000 mg to about 9000 mg of a fiber.

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